December 7th, 2023

Department of Student Affairs Life Division, Division of Student Welfare

Reminder for Winter Vacation

　For students, I am sure that you are planning various activities during the winter break. However, it is precisely during these times of openness that one can let one's guard down and get into all sorts of trouble.

　Please keep in mind the items listed below to ensure a safe and meaningful winter vacation.

* *Increase crime prevention awareness*

　　We have received reports of voyeurism and indecent acts by suspicious persons on the university campus. If you encounter a suspicious person, please do not approach him or her and contact the nearest security guard office, Academic Service Office, Division of Student Welfare or police department.

The university is taking various measures, such as stepping up patrols, but the principle is to "protect yourself”. It is important for each individual to be aware of crime prevention by not going out alone at night and avoiding areas with few pedestrians.

　　On a daily basis, please ensure that bicycles are locked when parked and apartments are locked.

* *Prohibition of dangerous drinking behavior*

　　Recently, there has been an increase in the number of cases of emergency calls due to acute alcohol intoxication caused by excessive drinking, and in the past there have been tragic accidents in which students lost their lives due to excessive drinking.

　　Drinking alcohol by persons under the age of 20 is prohibited by law and should never be performed or encouraged. Even if you are 20 years of age or older, do not drink to excess.

　　Participating in a drinking party involves many responsibilities. Please make sure that all participants confirm that they will NOT force someone to drink. If someone becomes intoxicated, DO NOT leave him or her alone, and make sure someone accompanies him or her and takes care of him or her. If you suspect something is wrong, do not hesitate to call for emergency medical attention and take action to save a life.

　　In addition, please be sure to keep the following in mind at all drinking occasions. Never engage in alcohol harassment (drinking in large quantities, forcing people to drink, etc.). Please be prepared to offer non-alcoholic options and be considerate of those who cannot drink. Please refrain from intoxicated and disruptive behavior.

* *To avoid traffic accidents*

　　The number of traffic accidents reported by our students has been on the increase compared to the previous year, especially traffic accidents while riding bicycles. Some students have reported accidents while driving with so-called "distracted driving," such as using smartphones or headphones, so please do not drive in such a manner.

　　In addition, with the enforcement of the revised Road Traffic Law on April 1, 2023, it became mandatory for bicyclists to wear helmets. When riding a bicycle, be sure to wear a bicycle helmet to protect your head.

* *Beware of scams posing as public institutions.*

　　Scams by persons posing as foreign public institutions are occurring nationwide. If you receive a suspicious phone call or other suspicious call pretending to be from an overseas public institution, please do not make a decision on your own, but consult with your parents, friends, the university, or a nearby police station.

* *Be aware of fraudulent activities such as pyramid schemes (solicitation of investments) and illegal part-time work.*

In recent years, there have been news reports on pyramid schemes (solicitation of investments) and illegal part-time work offers. Do not be misled by the words "easy money".

Also, please be careful not to be involved in crimes such as robbery or special fraud by casually applying for an "illegal part-time job" through social networking sites or websites.

* *Beware of cult groups*

Cult groups that hide their true identities aim to recruit people through clever words under the guise of circles, seminars, and so on. Don't be fooled by sweet or kind words, and when in doubt, stop and think. And it is important to have the courage to say no once and for all when you are not interested. If you feel that something is wrong, please contact your homeroom teacher, your Academic Service Office, or the Division of Student Welfareand ask for advice.

* *Measures against infectious diseases*

In daily life, hand washing and hand sanitizing are effective in preventing infections. Please continue to do so.

* *DO NOT touch any illegal drugs*

　　According to a survey by the Metropolitan Police Department, the number of arrests for drug abuse among young people has been on the rise in recent years. The use of illegal drugs can have a profound effect not only on an individual's body, but also on his or her mind and personality, and can cause a person to lose all trust in those around him or her. Never get involved with illegal drugs.

　　It is also illegal just to possess illegal drugs. Please be very careful, as a thoughtless act can ruin your life.

* *In the unlikely event of an incident or accident*

　　In the event of an incident or accident, please contact your Academic Service Office or the Division of Student Welfare, and depending on the case, report to the nearest police station.

□ *Incidents, accidents, suspicious persons, etc.*

► Tsukuba Police Station 　　TEL: 029-851-0110

► University of Tsukuba Headquarters Disaster Prevention Center (on duty 24/7)

　　TEL: 029-853-2079

► Division of Student Welfare, Department of Student Affairs (Hours: 8:30-17:15)　　　TEL: 029-853-6092, 2245

► Academic Service Office (Hours: 9:00-17:00 )

＊ Please see page 4 of Safety Life for the contact information.

<https://www.tsukuba.ac.jp/campuslife/support-support/safeliving.pdf#page=4>

University of Tsukuba Headquarters Disaster Prevention Center on Saturdays, Sundays, national holidays, and during the winter vacation period (12/29(Fri.)～1/4(Thu.)).

□ *Neighboring hospitals*

► University of Tsukuba Hospital 　 (daytime) TEL: 029-853-3572

(Evenings, Saturdays, Sundays and holidays) TEL: 029-853-3110

► Tsukuba Medical Center Hospital 　 TEL: 029-851-3511

□ *Consultation on student life issues, etc.*

► Student Counseling and Psychological Services TEL: 029-853-2415

□ *Consultation on anything related to student life*

► General consultation service (telephone consultation)

 　Hours: 9:30-12:00, 13:30-16:00

・Student Plaza 　TEL: 029-853-8430

　 ・Kasuga Area　　 TEL: 029-859-1207

* Opening dates and times: Please check from <https://soudan.sec.tsukuba.ac.jp/sogosodan/schedule>





